



*The below are frequently asked questions about swim meets. This document is most useful to new families, though can serve as a refresher for returning families.*

**Q: When do I get information on Meets?**

**A:** Meet information will be posted on TeamUnify and the Life Time swim webpage as it's available. There is typically a pdf with the Meet information and events. Each host sets the rules for their Meets (events offered, timing of sessions, events/kid, etc), so be sure to read through if you have questions. Availability of information will depend on when the host shares the information, which can vary between weeks to a few months.

**Q: How do I sign up for Meets?**

**A:** When the Meet information is uploaded to the TeamUnify page, you will be able to enter the site and you/your child will be able to select events. Note any limits on the number of entries per day or per meet on the selection table. Some Meets will be open to specific swim groups, where only children in those groups can commit to the meet. See instruction on how to sign up for meets via the Hammerheads [tutorial](#) on Teamunify). You can also sign up via the Ondeck app.

**Q: What happens on the day of the swim meet?**

**A:** You will receive logistics for the Meet itself on the Thurs/Friday before the Meet itself because meet hosts may not post the warm up assignments, schedules, and heat sheets until the Wednesday before the meets (or later). Once the coaches have the information, they will send the arrival time and information to registered families.

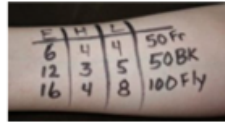
- If your child signs up for the Meet, it's important to attend or inform the coach in case plans change because attendance may impact other children's events (e.g. relay team assignments). You will be charged for any swim meets you've signed up for during the short course season, whether your child swims or not.
- Your child should arrive at least 15 minutes before warmup, and they should talk to their coach before/after each event for feedback.
- Once your child is done with their last event, they can leave the Meet.
- We recommend marking arms before the Meet, especially for the early swim sessions.

## Q: How do arm markings work for the swimmer?

**A:** The arm markings help your swimmer keep track of what events they are swimming in. We recommend using Sharpie, where you can 'erase' the Sharpie with spray SPF (easiest) or mineral oil if you make a mistake or want to clean it after the meet.

### How To Mark Swimmer's Arm for Meet

Please see the image below and instructions on how to mark your swimmer's arms before meets!



E= Event  
H= Heat  
L= Lane  
S= Stroke

Here is an example of how your swimmer's events will be listed on the Athlete Event Sheet.

45 Kahle, Piper J - Female - Age: 7 - LIFE-OH - Ind/Rel: 2 / 1

#1 Girls 8&U 100 Medley Relay (2) 1/4      #23 Girls 8&U 25 Free 2/1  
#45 Girls 8&U 25 Back      2/1

This is how it is read:

You will see the swimmer's name, gender, and age listed. The IND/REL: 2/1 means 2 individual events/1 relay event.

Events should be read left to right so she is in EVENT #1, #23, and #45. (That is what you list in the first column under the letter "E") The numbers to the right of the events are the HEAT/LANE. See Below

She is in

Event: 1, Heat: 1, Lane: 4, Stroke: MR (2) (Medley Relay swimmer #2)

Event: 23, Heat: 2, Lane 1, Stroke: FR (Free)

Event: 45, Heat: 2, Lane 1, Stroke: BK (Back)

| E  | H | L | S      |
|----|---|---|--------|
| 1  | 1 | 4 | MR (2) |
| 23 | 2 | 1 | 25 FR  |
| 45 | 2 | 1 | 25 BK  |

FLY= Butterfly

BA= Back

BR= Breast

FR= Free

IM= Individual Medley

MR= Medley Relay

## Q: What do I need to bring to the swim meets?

**A:** Below is a list that gives you a general idea of what your Swimmer should pack to each meet:

- Two Towels (One to lay out for their Bags and Equipment, and Another to Keep Dry)
- Something to entertain themselves with. We always recommend board games and card games to our Swimmers, and ask that Swimmers avoid bringing electronics to swim meets
- Cap, Goggles, Team Suit - Backups of each are recommended in case something breaks. They will not need any other equipment for the Meet.
- A change of clothes (Something they can wear to and from the meet, along with something they can wear out on the pool deck between races)

### Q: What do the session numbers mean?

A: Here's how to decode session numbers:

- The first number is the day of the meet
- If events are split by gender: girl events are odd numbered and boy events are even numbered
- Some events may be mixed though to manage the schedule
- Examples:
  - Event 101 is Day 1 of meet and first event
  - Session 203 is Day 2 of meet and third event

### Q: When does my child eat during meets?

A: It depends on your swimmer's schedule of events and is **important to manage the food to reduce the risk of your swimmer throwing up in the pool**. To figure out the schedule, look at the SESSION TIMELINE that will be posted on the Meet page. This schedule is usually posted the week of the meet by Friday, where its availability depends on when the host shares the schedule. This session timeline estimates when events will happen. These tend to be fairly accurate, where actual time is within +/- 5 min of estimated timeline as long as issues don't come up (e.g. 30 minute delay to clean the pool after a swimmer vomits in the pool). Use this schedule to determine when your swimmer eats. General recommendations for food are below:

- **Eating light meals or snacks throughout the Meet is better than 1 large meal at the start. Heavy food is NOT recommended because it can upset stomachs that lead to nausea.** Avoid sugary snacks and candy that can lead to sugar highs and crashes
- **Plan food at least 30 minutes before a race**
- Examples are below:
  - Early morning session with no time for breakfast in the morning: Peanut butter jelly sandwiches cut in quarters – swimmer eats 2 after warmup (assuming he has at least 30 minute before his/her 1<sup>st</sup> event) and then eats a quarter with a little fruit (e.g. grapes) after each event.
  - Afternoon session: light lunch (think Panera/Taziki lunch vs KFC/McDonalds) with fruit snacks or granola throughout the meet

We have more resources on the Teamunify page under Parents -> [Nutrition Info](#).